

GREEN BELT > BLUE STRIPE

THEORY REQUIREMENT

Training Secret:

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense

Purpose of:

1. Twin Forearm Block

- To block two attacks, from two different directions, at the same time
- One is to block a middle punch/a middle section attack and the other a high punch/a high section attack

2. Knife-hand High Inward Strike

- To strike someone on the neck

Difference between an L-STANCE and a FIXED STANCE:

1. Weight distribution.

- L-Stance is 70/30. (70% on the back leg and 30% on the front leg.)
- Fixed Stance is 50/50.

2. The measurement. (Fixed Stance is longer by a foot than L-Stance)

- L-Stance is one and a half shoulder in length from **the footsword of the rear foot to the toes of front foot.**
- Fixed Stance is one and a half shoulder in length **between the big toes.**